



**RCA  
CITY OF AUSTIN  
RECOMMENDATION FOR COUNCIL ACTION**

**AGENDA ITEM NO.:** 8  
**AGENDA DATE:** Thu 01/13/2005  
**PAGE:** 1 of 3

**SUBJECT:** Approve execution of a 12-month contract for the Center for Disease Control's (CDC) STEPS for a Healthier Austin (SHA) Program, with AUSTIN FAMILIES, INC. dba FAMILYCONNECTIONS to provide training and programming at local childcare sites to promote physical activity and proper nutrition to parents, children and staff, in an amount not to exceed \$52,595, and three 12-month extension options in an amount of \$75,000, for a total agreement not to exceed \$277,595.

**AMOUNT & SOURCE OF FUNDING:** Funding in the amount of \$52,595 is included in the Fiscal Year 2004-2005 Approved Operating Budget of the Health and Human Services Special Revenue Fund from the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention (CDC) Steps to a Healthier U.S. (STEPS) grant program. The grant period is from September 22, 2004 through September 21, 2005. Funding for the renewal options is contingent upon available funding in future budgets.

**FISCAL NOTE:** There is no unanticipated fiscal impact. A fiscal note is not required.

**REQUESTING** Health and Human  
**DEPARTMENT:** Services

**DIRECTOR'S  
AUTHORIZATION:** David Lurie

**FOR MORE INFORMATION CONTACT:** Dr. Adolfo Valadez, HHSD Medical Director, 972-5408; Patrick Cantrell, Grant Coordinator/Contract Monitor, 972-5131; Linda Terry, Agenda Coordinator, 972-5023

**PRIOR COUNCIL ACTION:** Amended Ordinance No. 030909-01 on September 30, 2004.

**BOARD AND COMMISSION ACTION:** N/A

**PURCHASING:** N/A

**MBE / WBE:** N/A

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**Background**

The City of Austin's Health and Human Services Department has partnered with the Austin Independent School District (AISD), the Department of State Health Services (DSHS), the University of Kansas Center for Research (KUCR), the American Cancer Society (ACS), the American Diabetes Association (ADA), Family Connections, the City of Austin's Parks and Recreation Department (PARC), and the Chronic Disease Prevention Program (CDP) of the Division of the Medical Director and Community Care Services Department Medical Assistance Program to initiate STEPS to a Healthier Austin (SHA). STEPS works through public-private partnerships at the community level to support community-driven programs that enable persons to adopt healthy lifestyles that contribute directly to prevent, delay, and/or mitigate of the consequences of diabetes, asthma, obesity, and tobacco exposure. STEPS works to promote healthy nutrition, physical activity, and tobacco cessation and prevention. The program is designed to create healthier communities by improving the lives of Americans through innovative, evidence-based, effective community-based health promotion and chronic disease prevention and control programs.



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The grant was awarded on September 22, 2003 from the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention (CDC) Steps to a Healthier U.S. (STEPS) grant program for a five-year program. This grant award includes funding for Targeted Community Health Services and Chronic Disease Prevention (CDP).

As the fiscal/administrative agent for the Healthy Childcare Austin initiative, and sole local recipient of the Healthy Childcare America program funding, Austin Families, Inc. dba FamilyConnections was invited to participate in the preparation of the SHA Year 2 continuation application. They were written into the proposal as a new partner to be funded to link SHA and Healthy Childcare Austin. The objectives of Healthy Childcare Austin and SHA are an excellent match. The application amount requested was \$52,595 and that amount was awarded in the category of Disease and Injury Prevention in the year 2 funding from CDC for the STEPS for a Healthier Austin program.

**Performance Measures**

**Related Departmental Goals**

Prevent the spread of communicable disease and reduce the risk of health complications due to disease and unhealthy behaviors.

**Results**

Overall results of STEPS grant program:

- Reduce the proportion of adults who are obese to < 15 percent.
- Increase the proportion of persons aged 2 years and older who consume at least three daily serving of fruit and at least three daily serving of vegetables, with at least one-third being dark green or orange vegetables to 75% and 50%, respectively.
- Reduce the number of asthma hospitalizations for persons aged 5-64 years by 8% and for persons aged < 5 years by 25%.
- Prevent diabetes by 2.5 new cases per 1000 population per year and reduce the overall rate of diabetes that is clinically diagnosed by 25 overall cases/per 1000 population per year.

**Output**

Information and training workshops will be provided to child care providers (teachers and directors in child care programs) to enable them to address the needs of overweight children and their families.

*Goal*

100 unduplicated child care providers

Work with parents and childcare providers to understand the benefits of sound nutrition and the consequences of poor nutrition. Information and education will be provided via parent classes and child care provider training classes, using a range of hands-on, interactive techniques and a multimedia approach.

40 childcare programs reaching 300 unduplicated families

Provide training workshops that teach child care providers and parents how to recognize asthma symptoms.

4 workshops in 40 centers reaching 1500 families



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**Requested Council Action**

Council is requested to approve execution of a 12-month contract for the Center for Disease Control's (CDC) STEPS for a Healthier Austin (SHA) Program, with AUSTIN FAMILIES, INC. dba FAMILYCONNECTIONS, Austin, TX, to provide training and programming at local childcare sites to promote physical activity and proper nutrition to parents, children and staff, in an amount not to exceed \$52,595, with three 12-month renewal options in the amount of \$75,000 per renewal option, for a total contract not to exceed \$277,595.